



Roselle Hibiscus Harvesting

Planting:

- Plant roselle by seed or transplant late March-May when soil temps are 75 degrees or higher
- Water regularly and feed with castings and compost.
- Roselle Hibiscus can be planted in full sun - loves the heat!
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- Be sure to give it plenty of room, it will grow up to 5' tall & 5' wide. It will benefit from adding support with a stake to prevent it from falling over.
- It is day-length sensitive. The flowers will appear when the days get shorter and temps start to cool down. It has stunning pale pink blooms before the calyxes form. The calyxes and leaves are edible.

Harvesting:

- End of October through mid November.
- Harvest the calaxes when they become full and the ends start to separate.
- Harvest by snipping the calaxes at the base of their bud and stem.
- Pull the calaxes off from the seed pod.
- Calaxes can be dried and used for tea, syrup, jam, or cranberry sauce..
- The leaves of a Roselle are also edible and taste like cranberries. Great addition to salad.



Processing:

To make **roselle hibiscus tea from fresh calyxes**, you can follow these steps:

1. Prepare the flowers: If using fresh roselle, remove the seed pods and rinse the calyxes.
2. Boil and steep: In a pot, bring water to a boil, then add the flowers and simmer for 10 minutes. Reduce heat and steep for 30–40 minutes, or longer for a stronger tea.
3. Strain and sweeten: Remove the flowers from the pot, then strain the tea into another container. Add honey, cinnamon, or other sweetener to taste. You can also add lime juice or herbs like basil, mint, lemon balm, or rosemary.
4. Serve: Drink warm or chilled, over ice, or garnish with fresh mint leaves.

To make **roselle preserves** using leftover petals from tea (kind of like cranberry sauce):

1. Allow the strained mushy petals (left over from the tea) to cool in a pot.
2. In a separate pot, bring 2 cups of water to a boil.
3. Add 10 green, fresh, seed pods.
4. Stir continuously for 20 minutes until water thickens.
5. Add the thickened water to the pot of mushy petals and stir to combine.
6. Sweeten if desired.
7. Divide into jars and refrigerate.
 - a. Optional: pressure or water bath canning. Basic info can be found [here](#).

Notes:

- Roselle, also known as *Hibiscus sabdariffa*, has many potential health benefits, including anti-inflammatory, antimicrobial, and antihypertensive properties.
- Some studies suggest that hibiscus tea can also reduce the absorption of alcohol and lessen its effects on the body.
- You can also dry out the seed pods and save the seeds for the next season.
- Dehydrated calaxes tend to have a more concentrated flavor.
- Extend storage life by dehydrating calyxes and store in mason jars for up to a year.